



## The anti-inflammatory action of emu oil

Inflammation is at the root of many of the health issues we face today, from rheumatoid arthritis and irritable bowel syndrome, to niggling muscle aches and pains. Emu oil may be useful in treating these conditions because it has been shown to have powerful anti-inflammatory action in the body. Here's what you need to know about using emu oil as an anti-inflammatory.

### What is inflammation?

When your immune system detects a threat such as infection, stress or harmful chemicals, it responds by producing inflammation to protect your cells from damage. Inflammation is usually beneficial – for example, it's your body's first line of response to injury and infection – but it can backfire when the immune system mistakenly attacks healthy tissues due to autoimmune disorders such as inflammatory bowel disease and rheumatoid arthritis.

### How can emu oil help treat inflammation?

Emu oil contains key nutrients that have an anti-inflammatory effect in the body. It's rich in the essential fatty acids omega -3, -6 and -9 – dietary fats that have been shown to regulate immune function and the inflammatory response. Emu oil also contains a range of antioxidants and vitamins E and K2 that may also play a role in improving immunity and fighting chronic inflammation.

There is scientific research to back up the widespread anecdotal evidence that emu oil is a potent anti-inflammatory. Most significantly, studies by the University of Adelaide have shown that emu oil decreased acute inflammation in the bowel due to ulcerative colitis and mucositis. It was also shown to repair bowel damage caused by chemotherapy.

Other research has indicated that emu oil is effective in reducing arthritic pain, including a 2004 Victoria University study that found that both topical application

and internal supplementation of emu oil offered relief from osteoarthritis.

Emu oil's anti-inflammatory effect may also be useful in treating muscle aches and pains, autoimmune skin conditions such as eczema and psoriasis, and stings, burns, bruises and wounds.

### How to use it

Emu oil can be used both topically as a lotion and internally as a dietary supplement. It's gentle on sensitive skin and easily absorbed, making it a great massage oil. For those suffering from arthritis at multiple sites or from a bowel condition such as ulcerative colitis, dietary supplementation is recommended. A combination of capsules and topical oil is also effective for arthritis and inflammatory skin conditions.

Taking emu oil capsules can help to prevent inflammation in the body, therefore treating the cause of the problem rather than just the symptoms.

Supplementing your diet with emu oil capsules is the best way to deliver the anti-inflammatory goodness of this oil directly to your digestive system. We recommend checking with your medical practitioner before adding emu oil to your treatment plan.

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# Emu oil for digestive health and intestinal conditions

The powerful anti-inflammatory action of pure emu oil can help those suffering from gastrointestinal conditions such as Crohn's Disease and Ulcerative Colitis. Find out how it may help to ease the inflammation and pain associated with digestive diseases.

## What is inflammatory bowel disease?

A general term for gastrointestinal diseases including Crohn's disease and ulcerative colitis, inflammatory bowel disease affects more than 80,000 Australians. These autoimmune diseases occur when the body's natural inflammation response fails to switch off, leaving the intestines red and swollen. Symptoms can include abdominal cramps and pain, frequent, watery diarrhoea, tiredness and loss of appetite.

## How does emu oil help?

While there is no cure for inflammatory bowel disease, treatment involves managing the body's inflammation response. Those diagnosed with Crohn's Disease or Ulcerative Colitis require professional medical advice, however, supplementing with emu oil may also be helpful in reducing inflammation and damage in the digestive tract. Emu oil is rich in essential fatty acids omega -3, -6 and -9, which have been shown to have an anti-inflammatory effect in the body.

## Is there any research?

Research from the University of Adelaide has showed promising results from the use of emu oil for inflammatory bowel disease. A 2010 study found that emu oil could reduce a type of inflammation in the intestine known as mucositis caused by a commonly prescribed chemotherapy drug. In 2013, a follow-up on rats by Dr Suzanne Mashtoub Abimosleh at

Adelaide's Women's and Children's Hospital Gastroenterology Department found that emu oil was also able to promote repair of the damaged intestine after chemotherapy.

Another study by Dr Abimosleh showed that emu oil reduces inflammation of the bowel in a rat model of acute ulcerative colitis. She's now exploring how the oil may be used to help prevent inflammatory bowel disease progressing.

## How to take it

Emu oil may offer relief from symptoms of Crohn's Disease and Ulcerative Colitis. Supplementing your diet with emu oil capsules is the best way to deliver the anti-inflammatory goodness of this oil directly to your digestive system. We recommend checking with your medical practitioner before adding emu oil to your treatment plan.

Taking emu oil capsules can help to prevent inflammation in the body, therefore treating the cause of the problem rather than just the symptoms. We suggest 1 -3 capsules, 3 times a day. Start on the smaller dose of 3 capsules daily, and if you don't feel improvement move up to 6 or 9 total per day - even customers with the most severe symptoms report a difference taking 9 capsules a day, but you probably won't need this many.

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## Emu oil for natural scalp and hair care

Hair products are often packed with chemicals that can irritate the scalp, leaving it itchy, flaky and scaly, and your strands dry. Take care of your hair naturally with emu oil instead.

### Why give natural hair care a go?

If your hair has been as dry as a desert or your scalp has been driving you crazy with itchiness and unsightly flakes, you may have tried to solve the problem by slathering on hair care products that claim to restore moisture or treat specific problems. But there's a good chance that these products haven't helped or that they've even made the problem worse.

That's because most commercial shampoos, conditioners and styling products are laden with harsh chemicals – such as SLS, parabens, petrochemicals, alcohol, propylene glycol, silicon and artificial fragrances – that can irritate your scalp and strip moisture from your hair. Natural hair care products that are free from these substances are more gentle on your scalp, skin and hair.

### How emu oil can help

Not only are our emu oil shampoo and conditioner completely chemical-free, they're formulated with a nourishing blend of pure emu oil and essential oils that will hydrate your hair and soothe your scalp.

Emu oil can even help to treat stubborn skin conditions such as scalp psoriasis and eczema thanks to its natural anti-inflammatory properties and its potent antioxidants that promote healing. Essential fatty acids and vitamins A and E sink deep into the scalp to deliver their therapeutic goodness where it's needed most.

### How to use emu oil in your hair care

Start by massaging emu oil shampoo into your hair and scalp to gently cleanse and calm irritation. After rinsing, apply emu oil conditioner to dry ends and work it through your hair up to the top of your head. Leave it on for two to three minutes to allow the emu oil to sink in before rinsing.

If your scalp is dry and itchy or you suffer from a chronic condition such as scalp psoriasis, you can also apply a few drops of pure emu oil to your scalp to provide intense hydration and treat inflammation. Emu oil absorbs quickly and easily, so it won't leave your hair greasy. A little oil goes a long way, so use sparingly and let it soak through before washing with emu oil shampoo.

To give your hair an extra boost of moisture or to treat persistent scalp conditions, take pure emu oil capsules daily to get all the goodness of this oil from the inside out.

Taking emu oil capsules can help to prevent inflammation in the body, therefore treating the cause of the problem rather than just the symptoms. We suggest 1 -3 capsules, 3 times a day. Start on the smaller dose of 3 capsules daily, and if you don't feel improvement move up to 6 or 9 total per day - even customers with the most severe symptoms report a difference taking 9 capsules a day, but you probably won't need this many.

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# TALYALA EMU OIL



## How to use emu oil for dry skin

If you suffer from dry, itchy, flaky skin, emu oil could be your saving grace. This natural, deeply nourishing oil is ideal for hydrating, soothing and protecting dry skin, leaving you with a healthy and radiant glow.

### How does it work?

Using emu oil for dry skin is a great option. The composition of this nutrient-rich oil is nearly 100 per cent triglyceride lipid, which is almost identical to the make-up our own skin, allowing it to absorb quickly and deeply through the dermal layers to help restore healthy skin function.

With its incredible penetrative qualities, emu oil sinks far down into the epidermis to deliver its moisturising goodness where your skin needs it most.

It contains potent antioxidants such as vitamins A and E, which are both associated with skin healing, and omega fatty acids that are anti-inflammatory and hydrating. Emu oil's terpenes have antiseptic properties and its sapogens are softening. Thanks to these properties, emu oil is equipped to nourish your skin from within, protect it from environmental damage, soothe irritation and even smooth fine lines and wrinkles.

Need another reason to choose emu oil for dry skin? Using it regularly on dry, cracked areas can help protect your skin from further damage by providing a protective barrier.

### Will it irritate my skin?

Rest assured, pure emu oil is safe to use on sensitive skin. It's non-toxic, chemical free and non-comedogenic, meaning it won't clog pores. Instead, it will help to soothe irritation with its anti-inflammatory action, soften rough, dry patches with its natural fatty acids and restore your skin's normal barrier function.

If your skin is sensitive, it's important that you choose pure emu oil from a reputable business such as Talyala to

ensure the oil is fresh, high quality and hasn't been diluted with other cheaper oils or combined with fragrances. All emu oil claiming to be 100% pure emu oil should have an AUSTL Number on the label – this tells you that the pure emu oil product you're buying is listed with the Therapeutic Goods Administration in Australia.

### How should I use it?

If you'd like to treat dry skin on your face, try an emu oil-enriched moisturiser morning and night, as well as a few drops of pure emu oil as a powerful night-time serum. You can also use our hydrating body cream or emu massage oil for dry skin all over your body – just massage the a small amount into your skin as required. For a relaxing and skin-nourishing treat, add a few drops of the oil to a bath or foot soak.

Taking emu oil capsules can help to prevent inflammation in the body, therefore treating the cause of the problem rather than just the symptoms.

We suggest 1 -3 capsules, 3 times a day. Start on the smaller dose of 3 capsules daily, and if you don't feel improvement move up to 6 or 9 total per day - even customers with the most severe symptoms report a difference taking 9 capsules a day, but you probably won't need this many.

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